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AMENDMENTS TO THE CLAIMS

1-19. (Canceled)

20. (New) A ski or similar device for sliding on snow, said ski having a mounting aid or binding plate for a binding or components thereof, said aid being mounted on the top face of the ski, said mounting aid being durably connected to the top face of the ski in such a manner that said ski and said mounting aid form an integral constructional unit in respect of mechanical properties.

21. (New) A ski according to claim 20, wherein said mounting aid has approximately the same values as the associated attachment portion in terms of properties including

- thermal expansion,
- tensile strength,
- flexural strength and torsional rigidity.

22. (New) A ski according to claim 20, wherein said mounting aid is welded or bonded to the top face of the ski.

23. (New) A ski according to claim 22, wherein said mounting aid is welded or bonded over the whole surface to the top face of the ski.

24. (New) A ski according to claim 20, wherein said mounting aid comprises a longitudinal guide with undercut operative to provide longitudinal positioning and fixing of the binding or of binding components.

25. (New) A ski according to claim 24, wherein said mounting aid is a plate having a cross-section selected from the group consisting of T-shaped and U-shaped cross-sections, the two upwardly projecting arms in the latter case each being oriented in a manner selected from the group consisting of drawn inwards and being directed to protrude laterally outwards.

26. (New) A ski according to claim 20, wherein said mounting aid is in the form of a binding plate and has a construction selected from the group consisting of two-part construction, having a front portion and a rear portion, and one-part construction, the front and rear portions of the binding plate in the latter case being connected to one another by a connection piece or similar connecting portion.

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27. (New) A ski according to claim 26, wherein said connecting portion is of narrower form and thinner wall thickness than the front and rear portions of the said binding plate.

28. (New) A ski according to claim 26, wherein said connecting portion is displaceable in the longitudinal direction of the ski relative to the front and/or the rear portion of the binding plate.

29. (New) A ski according to claim 26, wherein arrangements are provided only in the regions selected from the group consisting of the region of the front portion, the region of the rear portion, and the region of the front portion and the region of the rear portion of the binding plate for the longitudinal positioning and fixing of the binding.

30. (New) A ski according to claim 20, wherein at the side associated with the ski top-face, the said mounting aid has nipple-like or stud-like lugs, said lugs corresponding to complementary recesses provided in the top face of the ski.

31. (New) A ski according to claim 20, wherein there are formed on the mounting aid means selected from the group consisting of snap-in lugs and detent apertures, spaced from one another in the longitudinal direction of the ski, for the snap-in positioning and fixing of a binding or components thereof.

32. (New) A ski according to claim 20, wherein the mounting aid consists of a material selected from the group consisting of a plastics material, a wood laminate, a plastics/wood laminate, a plastics/metal laminate, and a plastics/wood laminate and a plastics/metal laminate.

33. (New) A process for the manufacture of a ski having a mounting aid, especially in the form of a binding plate, for a binding or for components thereof, said process comprising the step of:

welding or bonding the mounting aid to the top face of the ski in a separate operating step after manufacture of the ski.

34. (New) A process for the manufacture of a ski having a mounting aid, especially in the form of a binding plate, for a binding or for components thereof, said process comprising the step of:

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positioning the mounting on the ski body together with the ski top-face or the corresponding top layer after the mounting has previously been welded or bonded thereto.

35. (New) A process according to claim 33, further including the step of, at the side facing the ski top-face, providing the mounting aid with an adhesive and then positioning it inside a ski positioning device on the top face of the ski and bonding it fast thereto.

36. (New) A process according to claim 35, further including the step of prior removal of a protective film from the adhesive side before said bonding step.

37. (New) A process according to claim 35, further including the step of mechanically or chemically roughening the ski top-face at the adhesion site for the mounting aid in order to obtain a strong connection between ski top-face and mounting aid.

38. (New) A mounting aid or binding plate for mounting a binding or components thereof on a ski according to claim 20, wherein said mounting aid comprises a longitudinal guide with undercut.

39. (New) A mounting aid according to claim 38, wherein said mounting aid has tapped holes for fixing a binding or binding components or a heel plate.

40. (New) A mounting aid according to claim 38, which in plan view is waisted and comprises a central connecting portion which is of narrower form and/or thinner wall thickness than a front and/or rear portion.